

Pathways to Change

Brief Program Description

Pathways to Change uses a computer-based program to develop personalized smoking cessation interventions designed to help participants quit smoking.

The Pathways to Change program is built upon the Stages of Change behavioral model. According to the Stages of Change model, there are five stages to behavior change: precontemplation, contemplation, preparation, action, and maintenance. Surveys are used to collect participant information that is entered into the computer program. The Pathways to Change program is used to assess participants' place on the Stages of Change model, with regard to a health risk behavior. The computer program then uses the survey information to tailor intervention materials to meet the participants' needs at that stage, and help the progress to the next stage, toward smoking cessation.

Study results, at 6-, 12-, 18-, and 24-month follow-up periods, indicated that people who received the complete intervention smoked less than for those who were in the assessment only condition.

Program Development Support

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Contact Information

For indepth information on this program, please use the contact listed below.

Program Developer

James Prochaska, Ph.D.

University of Rhode Island

2 Chafee Road

Kingston, RI 02881-0808

Phone: 401-874-2830

Fax: 401-874-5562

Email: jop@uri.edu

Web site: www.uri.edu/research/aprc